THE POST-CRONUT LIFE OF DOMINIQUE ANSEL

CAULIFLOWER IS THE NEW KALE | LUNCH AT LE DISTRICT PAGES 14-16

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Thursday, April 9, 2015 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

GUILTY

Verdict. After 12 hours of deliberations over two days, a jury found Dzhokhar Tsarnaev guilty of all 30 criminal counts related to the Boston Marathon bombing. PAGE 02

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NBA star stabbed outside NYC club 1 Oak

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Cuba supports better US ties: Poll

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Charlie Cox is trying out life as a superhero

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Tsarnaev guilty beyond a reasonable doubt

Terrorism. A jury must now decide whether he lives or dies.

Dzhokhar Tsarnaev stood solemnly and listened, unmoved, at Moakley Federal Court on Wednesday as he was found guilty of all 30 charges brought against him for his role in the April 15, 2013, Boston Marathon bombing and its aftermath.

Seventeen of the charges, including the use of a weapon of mass destruction and conspiracy to bomb a public place, carry the possibility of the death penalty.

Tsarnaev's lawyers opened the proceedings by bluntly admitting "it was him" who planted one of the two pressure cooker bombs at the Boylston Street finish line and three days later shot dead a police officer, kicking off a day of chaos in the Boston area.

Now the jury must decide whether Tsarnaev, 21, will get death or life in prison.

Speaking on behalf of the victims and survivors of the bombings, Karen Brassard said Tuesday's guilty verdict would help get those affected by the tragedy "back to some sense of normalcy."

Standing outside the federal courthouse in South Boston, with a stiff wind and freezing rain whipping off the harbor, Brassard, who was injured by one of the blasts, said the marathon bombings would "always be part of my life."

Brassard thanked prosecutors, FBI and police for their work on the case, saying the bombing survivors and families of the victims were thankful for their work on the case.

"We're obviously grateful for the outcome today," Brassard said. "It's not a happy occasion, but it's something that we can put, you know, one more step behind us."

Brassard thought Tsarnaev appeared to be "arrogant" during the court proceedings. She said he was a grown man who should be able to understand his choices and the consequences that go along with them.

Liz Norden, whose two sons, JP and Paul, lost limbs in the blast, said the guilty verdicts were "what I was hoping for."

The scene outside the courthouse was a media circus. Police used bomb-sniffing dogs to check unattended backpacks. A single man was protesting jihad. He held a sign that read in part: "F— the Islamic terrorists."

Heather Abbott, who lost her left leg below the knee from the bombing, said in a statement: "Nothing can ever replace the lives that were lost or changed forever, but at least there is some relief in knowing that justice is served and responsibility will be taken."

DANNY MCDONALD
and MORGAN ROUSSEAU
morgan.rousseau@metro.us

Dzhokhar Tsarnaev stands in federal court Wednesday as he hears the verdicts. SKETCH: JANE FLAVELL COLLINS

Guilty on 30 counts

17 carry the death penalty, including:

- Use of weapons of mass destruction (pressure cooker bombs)
- Conspiracy to bomb a place of public use, resulting in death
- Malicious destruction of property by means of an explosive
- Possession and use of a firearm resulting in death

Q&A

Legal expert weighs in

Suffolk University professor Rosanna Cavallaro teaches criminal law, evidence, professional responsibility and law and literature.

Is the verdict surprising?
Not at all, because they conceded that he did it. The surprise, if any, is in respect to some of the charges that came back guilty, such as the shooting of [MBTA Transit Police Officer Dic Donohue]. The defense highlighted in their motion that there was no evidence that the shooting was carried out by Tsarnaev — that it may have been friendly fire. But the jury didn't hesitate.

Why did it take the jury 12 hours?
When there is a crime of this gravity it is almost disrespectful to be hasty. These people were embroiled in this excruciating trial for weeks. This was their first chance to talk about it and hash it out. I'm sure they needed to vent.

What now?
In the sentencing phase, prosecutors will need to prove that this was the result of elaborate planning and premeditation, or prove that the victim was especially vulnerable — which they have with [8-year-old] Richard Martin. Then the defense has the opportunity to show anything at all that would lessen the penalty. Their ideas are that he's a dumb kid who had a brother with an overpowering personality and he's not as responsible for the attack as his brother.

Will he get the death penalty?
It is anyone's guess. It's a very complex set of dynamics — the closeness to all of us who live in Boston can't be overstated. On the other hand, it is extraordinarily difficult to ask people to sit in a room with 21-year-old man for weeks and then give them the responsibility of sentencing him to death.

But what if he wants to die? He's claimed he wants martyrdom.
That train has left the station. Right now the defense is pouring all their resources into sparing his life. MORGAN ROUSSEAU

Gang. 11 indicted on attempted murder, conspiracy charges

An unsealed indictment and early morning sweep on Wednesday led to multiple arrests of the alleged members of the Lyman Place Gang in the Bronx.

Eight men believed to belong to the gang were picked up, and another seven are already in custody were charged in the 57-count indictment with counts such as attempted murder, robbery and conspiracy, according to Bronx District Attorney Robert Johnson.

The men, whose ages range from 18 to 26, bore monikers such as "Biggs Sip Lukey," "Herbs," "Mal Pacino" and "Sal Capone," the indictment shows.

Police tracked down the alleged gang member through Facebook, which they used to communicate about getting guns and ammunition, targeting rival members of the Crips and covering their tracks.

WENDY JOAN BIDDLECOMBE

Terrorism

Four men plead not guilty to trying to join ISIS

Four Brooklyn residents pleaded not guilty Wednesday to charges of conspiring to join ISIS. Dilkhayot Kasimov, Abror Habibov and Abdurasul Hasanovich Juraboev, all from Uzbekistan, and Akhror Saidakhmetov, from Kazakhstan, were indicted on the terrorism plot charges on Monday.

Prosecutors said Saidakhmetov and Habibov were planning to go to Syria and fight with ISIS. An indictment shows Kasimov worked with Habibov to collect $1,600 to fund Saidakhmetov's trip. He was arrested at JFK while trying to board a flight to Turkey in February. METRO / REUTERS

Poetry

#PoetweetNYC wants you to be published in Metro

New York City poets: Time is running out to tweet us your best verse.

Poems should be clean, limited to 140 characters and tweeted to #PoetweetNYC by April 13. The winning poem will be selected by the mayor's office and printed in Metro New York on April 30, which is "Poem in Your Pocket Day." The annual event encourages New Yorkers to carry an original or borrowed poem through their day.

Mayor Bill de Blasio has already joined in, challenging the First Lady: "Hey @Chirlane, this seems neat / A contest called "poetweet" / 140 characters for 1 poem / How's it done? I bet you can show em #PoetweetNYC."

Official rules are at www.nyc.gov/poem.

WENDY JOAN BIDDLECOMBE

NBA player stabbed, others arrested outside of NYC club

Stabbing. Indiana's Chris Copeland was stabbed by a 'black civilian' outside of 1 Oak.

Blood remained on a sidewalk outside the nightclub 1 Oak on Wednesday after NBA player Chris Copeland was stabbed. / GETTY IMAGES

Indiana Pacers forward Chris Copeland and two women were stabbed outside of New York City nightclub 1 Oak on Wednesday morning with two Atlanta Hawks players being arrested after the stabbing took place.

Wounds to Copeland and his former girlfriend, Katrine Saltara, were non-life-threatening and both were in stable condition at a New York City hospital Wednesday afternoon.

Copeland and Saltara were reportedly arguing outside of the club when 22-year-old Shezoy Bleary allegedly interrupted and then attacked Copeland. A woman who was said to be with Bleary, Catherine Somani, was also reportedly stabbed in the fight.

"We were attacked out of nowhere by a f–ing black civilian," Saltara said after the attack, according to TMZ. "We have nothing to say. We are scared for our lives."

Copeland was in town with the Pacers, who played the Knicks at Madison Square Garden Wednesday night. Hawks players Pero Antic and Thabo Sefolosha, who were in town a day early for a Wednesday night game against the Nets, were booked for interfering with police investigating the bloody 4 a.m. attack in the Chelsea area.

Copeland played the 2012-13 season with the Knicks before signing with the Pacers.

"We are still gathering information and will update when we know more. Our thoughts are with Chris and those injured," said Pacers president Larry Bird.

"We are aware of the situation involving Pero Antic and Thabo Sefolosha this morning," Hawks vice president of public relations Garin Narain told the Atlanta Journal-Constitution. "We are in the process of gathering more information and will have further comment at the appropriate time."

Quoted

"We were attacked out of nowhere by a f---ing black civilian. ... We are scared for our lives."

Saltara

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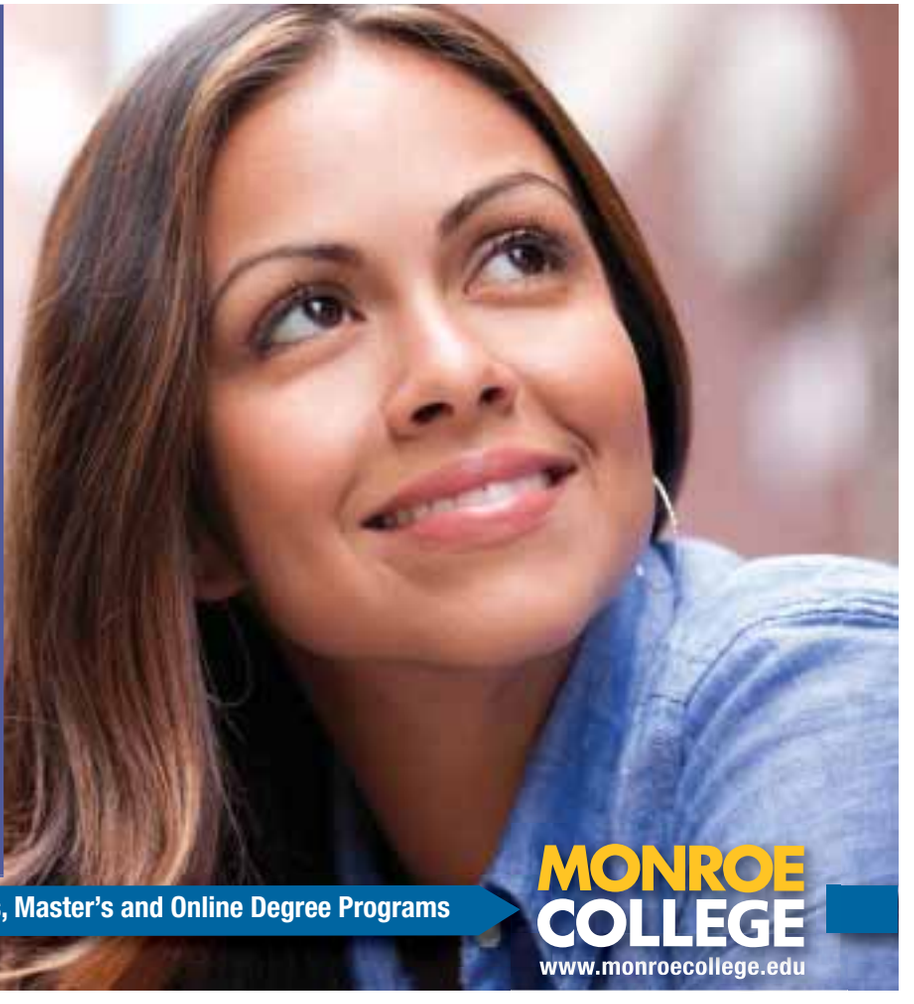

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• HSE Prep (GED) - Spanish	M,W	5/27-8/13/15	6pm-9pm
• English Links Intensive Weekend	Sat	4/25-6/13/15	8:30am-2:30pm
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Officer vows to aid woman she saved

Sympathetic ear. Two NYPD detectives talked a suicidal woman off a bridge.

Det. Meghan Kinsella / PROVIDED

Meet the New York City cop with nerves of steel — and a heart of gold.

She's Det. Meghan Kinsella, who rushed to Queens' Kosciuszko Bridge when she heard over her police radio that a suicidal woman was threatening to jump.

When the 14-year veteran got to the scene, she ran up to fellow Det. Steven Stefanakos, to help, according to an NYPD account.

"I tried to convince her that no matter what, we would be with her every step of the way," Kinsella said in a police department news release. "He would talk and I would talk. I didn't even realize I was there for two hours. I was completely focused on her."

Det. Steven Stefanakos

Quoted

"He would talk and I would talk. I didn't even realize I was there for two hours. I was completely focused on her."
Kinsella

The woman was distraught over marital and family troubles, and Kinsella's experience as a domestic violence officer made her a good tag-team partner with Stefanakos, a 24-year veteran and expert hostage negotiator with Emergency Service Unit Truck 10, the NYPD said.

"It was nice to have a female voice there to reach out to her," said Stefanakos, who teaches officers how to interact with emotionally disturbed persons in crisis, the NYPD said.

Stefanakos was worried she was about to jump, because the woman, standing on a bridge ledge high above the Newtown Creek, had let go of a thick wire.

She took hold of the wire again when he asked if she has family, or children. It turned out, the Brooklyn woman is a mother of one, the Daily News reports.

Stefanakos and Kinsella, who has no formal negotiation training, both have children and knew at that point they had made an important connection, according to the NYPD account of Monday's drama.

"I'm a mom, so I just wanted to get her home safe with her family," said Kinsella, who works out of the 108th Precinct in Long Island City, Queens.

A video of the ordeal shows the moment the woman reached up to the heroes.

She is now in a hospital and getting help.

Kinsella told the woman that she would stay in touch with her in the future, to make sure she is OK, reports the News.

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Crime

Brooklyn rapist sentenced to 22 years to life

A Midwood man was sentenced to 22 years to life in prison Tuesday for raping a 13-year-old girl in 2013, Brooklyn DA Ken Thompson said on Wednesday.

Bennett Castello, 42, was convicted last month of the first-degree rape of the then-13-year-old girl in a Gravesend laundry room basement after forcing her onto an elevator with a pair of scissors.

After Castello fled, the girl ran upstairs and told her parents. They called 911, and Castello was eventually arrested. METRO

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Poll in Cuba shows strong support for improved US ties

Poll. It's the first study of its kind since last December's announcement of joint efforts to normalize relations.

A new poll conducted in Cuba found that 80 percent of Cubans have a highly favorable view of President Barack Obama, while 97 percent feel that the re-establishment of diplomatic relations with the United States will be good for Cuba.

The opinion survey released Wednesday is the most extensive conducted inside Cuba by an independent research firm since 1959, according to its sponsors, Miami-based Spanish language network Univision News and The Washington Post newspaper.

It found that 96 percent of Cubans reject the five-decades-old U.S. embargo against Cuba. Almost 80 percent were dissatisfied with the Cuban economy, and 64 percent said the thaw with Washington could change Cuba's economic system.

The poll came a week after a survey of Cuban-Americans, also by Amandi & Bendixen, found support for the White House's new Cuba policy has risen in the three months since it was announced, with 51 percent now in favor of closer engagement with Cuba, up from 44 percent in December. REUTERS

Havana Cuba / GETTY IMAGES

The poll

1,200

The poll by Bendixen & Amandi, a Miami firm that worked for both of Obama's presidential campaigns, was conducted last month through face-to-face interviews with 1,200 Cuban adults across the Caribbean nation.

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Five things you need to know

1 S.C. officer fired after shooting man in back, murder charge

A white South Carolina police officer has been dismissed from his job after being charged with murder for shooting an unarmed black man in the back as he fled, the latest death that has brought protesters out to decry racism and police brutality in the United States.

With dozens of demonstrators in North Charleston protesting the fatal shooting there on Saturday of 50-year-old Walter Scott, which was captured on video by a witness, officials held a tense news conference expressing revulsion and appealing for calm.

"I have been praying for peace, peace for the family and peace for this community," North Charleston Police Chief Eddie Driggers said.

North Charleston Mayor Keith Summey told reporters that police officer Michael Slager, 33, had been fired. Summey said the remainder of the police force in North Charleston will soon be equipped with body cameras.

Slager was charged on Tuesday with murder in the death of Scott, the latest of several police shootings of black men in the United States over the past year. REUTERS

PROTEST /GETTY IMAGES

2 Texas teacher in trouble over anti-Islam handout

A Houston-area high school teacher is facing punishment from his school district for allegedly handing out material in a class that called Islam an ideology of war and said it is responsible for beheadings and kidnappings.

"We're disappointed to learn one teacher made independent changes to a lesson plan, resulting in information being given that didn't follow subject matter, or state and local curriculum plans," Mike Rockwood, executive director of community relations for the Lamar Consolidated Independent School District, said on Wednesday. REUTERS

3 Airline refunds fares for cancer patient that was removed from flight

A Northern California cancer patient whose removal from an Alaska Airlines flight caused outrage online said on Wednesday that the carrier refunded her family's airfare, which will be donated to research.

In a video posted on her Facebook page, Elizabeth Sedway said she was asked to leave the flight from Lihue Airport in Kauai, Hawaii, to San Jose on Monday after an Alaska Airlines employee said she would need a doctor's note to ensure that it was safe for her to fly. REUTERS

ALASKA AIRLINES

4 Slow apps, low battery life limit appeal of Apple Watch: reviewers

The Apple Watch, the first new product to be launched by Apple under Chief Executive Tim Cook, will hit stores on April 24.

"For now, the Apple Watch is for pioneers," the Wall Street Journal's Geoffrey Fowler wrote. "I won't pay the $1,000 it would cost for the model I tested, only to see a significant improvement roll in before too long."

Reviews made much of the device's relatively poor battery life — up to 18 hours, according to Apple — and said its apps will need upgrades to load more quickly. REUTERS

5 Robert Durst indicted on weapons charges

Robert Durst, the real estate scion awaiting extradition to California to face a murder charge, was indicted on weapons charges in New Orleans on Wednesday.

Durst has been charged with the 2000 murder of a longtime friend in Los Angeles County and has sought a swift extradition to face that charge.

He was indicted by a grand jury on two Louisiana charges for illegally possessing a firearm as a felon and for carrying a weapon with a controlled substance, said Assistant District Attorney Christopher Bowman, a spokesman for Orleans Parish District. REUTERS

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Campaign. Hillary Clinton hires Google exec as tech chief

Likely 2016 Democratic presidential candidate Hillary Clinton has hired a Google executive to serve as her chief technology officer, a person familiar with the campaign's planning said on Wednesday.

Clinton hired Stephanie Hannon, Google's director of product management for civic innovation and social impact, to run her technology operations, according to the source, who spoke on condition of anonymity.

Clinton, the former secretary of state, U.S. senator and first lady, is widely seen as the frontrunner for the Democratic nomination for president even though she has not formally announced her candidacy. She is expected to do so this month and has signed a lease for an office in a Brooklyn building to house her campaign.

Likely presidential candidates from both parties are hiring digital advisers, who can help them build websites and apps to interact with voters and try new fundraising techniques.

Hannon previously worked on Google Maps and Gmail and worked shorter stints at Facebook and event organizing site Eventbrite, according to her LinkedIn profile.

A Google spokesman did not immediately reply to a request for comment.

The Washington Post first reported the hire. **REUTERS**

Hillary Clinton has not made her candidacy official yet, but is making all the moves to get ready to start a campaign.
GETTY IMAGES

Missouri

Surge in voter turnout gives blacks new voice in Ferguson

A surge in voter turnout helped elect two new black city council members in Ferguson, the Missouri city that the U.S. Justice Department found to be rife with racial abuses in its police and court systems.

After months of protests, Tuesday's vote turnout was 30 percent, or more than double recent municipal elections in the St. Louis suburb, which is two-thirds black but has had only two African-American council members in its 120 year history.

Mayor James Knowles called the election a "milestone" for the city.

The six-member city council will be split with three African-American and three white members. **REUTERS**

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Poll. Younger Americans support laws to protect LGBT people

Most younger Americans are in favor of federal laws to protect lesbian, gay, bisexual and transgender (LGBT) people from discrimination, paving the way for social change, according to a poll by a thinktank.

A poll by policy institute, the Center for American Progress, found 65 percent of Americans ages 18 to 34 supported laws to prevent discrimination LGBT people still suffer in areas such as employment and housing.

So-called millennials, those born after 1980, are an important demographic in U.S. elections and a group that politicians must court to win races in the 2016 elections, the Center said.

"These numbers show that America's rising electorate stands firmly on the side of basic fairness for all people," said Laura E. Durso, director of the Center's LGBT research and communication project.

"In order to remedy the current reality of widespread legal discrimination against LGBT Americans, we will need millennials' leadership and passion to push Congress to enact comprehensive non-discrimination protections," she said.

There have been huge strides in same-sex marriage, which is now legal in 37 states. However, in 29 states it is legal to fire and refuse housing and other services to people based on sexual orientation and gender identity, according to the Center. REUTERS

Gay pride parade in New York City / GETTY IMAGES

LGBT

9.5M

There are some 9.5 million LGBT people in the United States.

Murder

NY woman gets 20 years to life for killing son with salt

A suburban New York mother who blogged about motherhood was sentenced by a judge to 20 years to life in prison on Wednesday for murdering her young son with a salt overdose so she could bask in social media attention about his mysterious illness.

The sentence imposed on Lacey Spears, 27, who chronicled her 5-year-old son's illnesses on a personal blog called "Garnett's Journey" and other social media, was less than the maximum penalty of 25 years to life requested by the prosecution.

"By not imposing the maximum, I'm exhibiting something you didn't show your son — namely mercy," said Judge Robert Neary in the Westchester County Courthouse in Valhalla.

A jury convicted Spears of second-degree murder in Garnett's 2014 death at Westchester Medical Center.

Assistant District Attorney Doreen Lloyd described Garnett as a normal, healthy child whose illnesses were induced by his mother, who eventually killed him by putting a lethal amount of salt into the hospitalized boy's feeding tube, all the while blogging and posting pictures to Facebook. REUTERS

Quoted

"Garnett Spears should be in school today but he's not because his mother murdered him."

Lloyd

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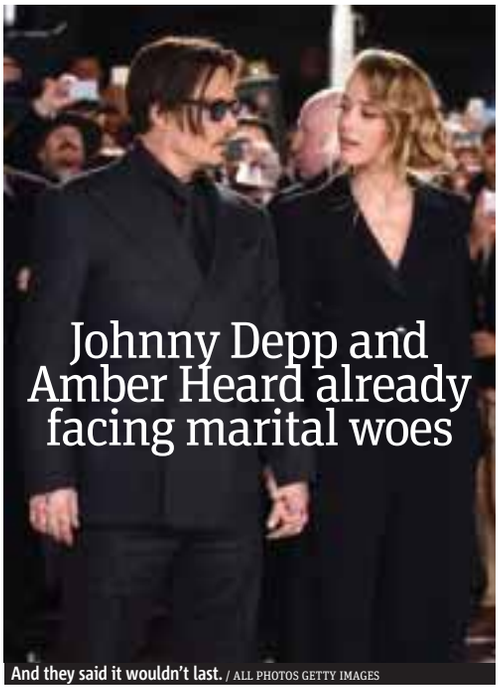

Johnny Depp and Amber Heard already facing marital woes

And they said it wouldn't last. / ALL PHOTOS GETTY IMAGES

Well, that was fast. Barely 60 days into their marriage, Johnny Depp and his "The Rum Diary" co-star and new bride, Amber Heard, are already on the outs, according to In Touch. The tabloid even breathlessly exclaims that the couple is "on the verge of a split," which sounds awfully dramatic. "They're barely talking," a source says. "Amber is constantly worried about him. He'll go days without calling or texting her." Heard is currently in London to start work on "The Danish Girl," while Depp is way off in Australia filming the new "Pirates of the Caribbean" film — and apparently drinking. Like, a lot. "He parties, and it's caused huge fights with Amber. It's been hard for them," the source explains. Man, I really thought these two had what it takes to make it a full six months.

Quelle horreur! Brangelina letters go missing from French estate

Well, this is awkward. Brad Pitt and Angelina Jolie could see their most intimate secrets revealed if a collection of their correspondence that went missing from their home in France two years ago surfaces, according to the National Enquirer. Oh, and the whole thing is reportedly Pitt's fault. "Brad went into a panic because he couldn't find them. He's terrified that they were lifted by someone who wants to publicly humiliate them," a source says. OK, sure, that sounds rough, but how cute is it that Pitt and Jolie actually still write letters to each other? Ridiculously cute, that's how cute.

You know, guys, you could always email or Snapchat.

Sofia Vergara is talking about her boobs again

EXCUSE ME, I'M DOWN HERE.

If the new Vanity Fair is any indication, Sofia Vergara is more than happy to discuss her, ahem, assets. "My boobs are, like, huge. My whole life, buying a bra was a nightmare," she says. "Believe me, I wish I had fake boobs. I lay down and they completely go down like all the way. ... It's not fun," the "Modern Family" star says. "Sometimes you read in the press like, 'Oh, Sofia is wearing again the same shape dress,' and I want to answer them and say, 'What the f— do you want me to wear?' Obviously there's a reason why that's what I go for." So there.

SHE'S ALL WHAT NOW?

A 'She's All That' remake?

The Weinstein Company and Miramax are working on a remake of 1999's "She's All That," and doesn't Paul Walker's memory deserve better? Let it be known: Freddie Prinze Jr. is not a fan: "Tough for writers with original scripts," he tweeted.

2 CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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"Marvel's Daredevil" premieres Friday on Netflix. / BARRY WETCHER, NETFLIX

Charlie Cox is the man without fear

Interview. The Brit stars in a new series based on the Marvel comic "Daredevil."

If your only exposure to the Daredevil comic book character is the much-maligned Ben Affleck movie, get ready for a change: Netflix's new "Marvel's Daredevil" series, premiering April 10, is bringing a new look to the character. As played by Charlie Cox, the famed blind superhero doesn't yet have his trademark horned outfit, and is something of a gritty street fighter. We checked in with Cox about taking on an iconic character and whether or not he can actually see anything in that costume.

What do you think sets Daredevil apart from other superheroes?
The great thing about the Daredevil character is that he doesn't have any superpowers, so they ground him in reality. One thing that I found quite enjoyable about playing this character is if he gets hit, he bleeds. If he gets cut, he bleeds. He doesn't have unbreakable skin. There isn't any ambiguity about whether you can kill him or not. If you shoot him, he dies, you know? And he's learned to live with this secret, which marks itself as a disability, but it isn't actually a hindrance. He's able to access it and use it in a way so that he can operate better than a seeing person.

He seems to swing back and forth between being a violent vigilante and the guy who jokes around with his law school buddy.
We meet Matt Murdock at a time of his life where he's on the brink of something. Maybe he doesn't know it at first, but he's beginning the evolution into what we'll come to know as Daredevil. He's quite serious a lot of the time. I don't think he has always been that way or will always be that way, but our Matt Murdock in this season is very conflicted, he's very confused. He's quite frightened at times, which is ironic, because he's known as the one without fear. He's looking for the balance, he's looking for the harmony and he's looking for the way to be who he is becoming.

CHARLIE COX
GETTY IMAGES

How good is the visibility in the hood?
It depends — you know, in broad daylight it's pretty good, you can see almost everything through it. Obviously a lot of the occupational hazard of a hooded superhero is that you go out at nighttime. [Laughs] So the visibility isn't quite as good, but you adapt to it.

Will we see the more iconic Daredevil costume this season?
You'll see it in the first season. Unfortunately, I can't tell you when, but there will be an evolution from that early costume into something that is more recognizable to the traditional Daredevil costume.

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Nemeses

Superheroes and supervillains

Every superhero has to have his nemesis, and Daredevil is certainly no exception. Facing off against Charlie Cox's Matt Murdock is Wilson Fisk, or the Kingpin, as he's also known. Played by Vincent D'Onofrio, Fisk is a man of refined tastes, whose methods may differ from Murdock's, but who ultimately seems to want the same thing: a better neighborhood. We talked to him about moving to Netflix and who the real villain is here.

Vincent D'Onofrio is Wilson Fish in Netflix's "Daredevil."
BARRY WETCHER, NETFLIX

How does this show feel different from your experience with network television on "Law and Order"?
I don't think of it as series television. It's completely different. And I knew that. It's funny because it's not that long ago, but you look back on that and it seems prehistoric, that whole approach. Network television is a monster. It's an absolute monster. You can do good stuff. We did good stuff for a few years on that show, but the work becomes so much a part of the stamina you need to do it, that [the stamina] becomes what you need to survive. Whereas when you do something like this, it's all creative.

Fisk is an unusual villain, in that we get to see him have a life outside of his criminal career.
And how interesting is that? You get to play this complicated character who's not black and white, who is falling in love with the woman who's going to be the woman in his life for the rest of his life, and at the same time, he's dealing with all this other stuff that he believes in.

What's the most important thing to know about Fisk?
Fisk is honest. He's true to himself. And he has a vision for the city. He wants to make Hell's Kitchen a better place, and New York a better place to live in. He's very introverted and lonely. And the Fisk in our story, you get to see that, and you get to see him evolve.

So he's got similar goals to Daredevil, but he goes about it in a different way.
I think in a better way than Daredevil does.

Wilson Fisk: a better hero than Matt Murdock?
He's the one everybody should believe in.

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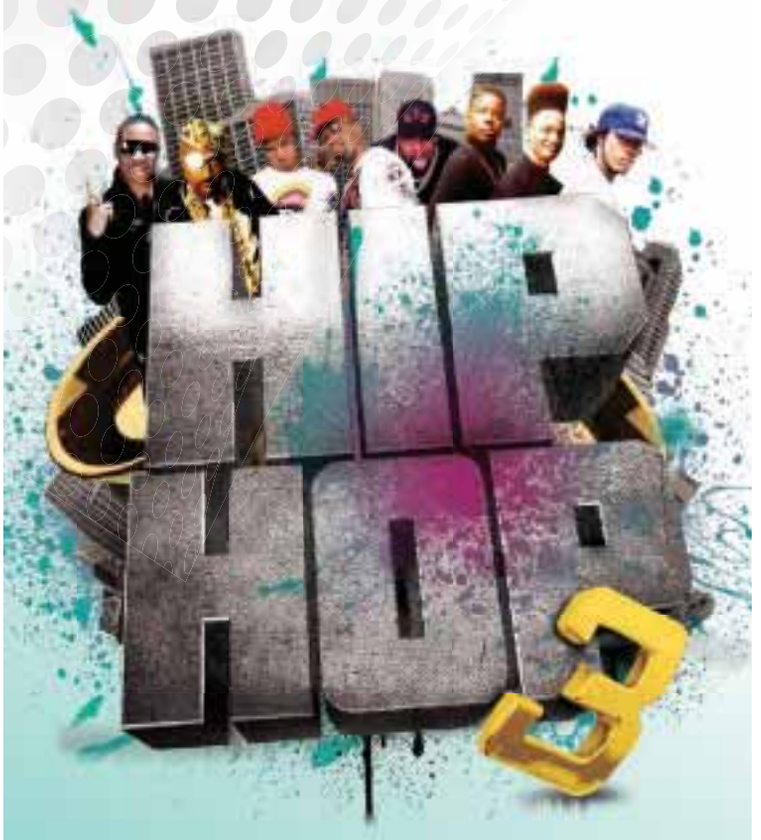

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Stepping out of broccoli's shadow

Pureed, fried or grilled, cauliflower is the (surprisingly nutritious) ingredient of the moment. **EVA KIS**

August
791 Lexington Ave.
www.augustny.com
Recently reopened in a new location uptown, the seasonal American spot kicks off its dinner entrees with the Cauliflower Risotto. Chef Josh Eden caramelizes the cauliflower, then adds white chocolate, Parmesan and caviar. The dish was inspired by a canapé he had at Heston Blumenthal's three Michelin-starred restaurant-laboratory The Fat Duck.

Kin Shop
469 Sixth Ave.
www.kinshopnyc.com
Chef Harold Dieterle is keeping his cauliflower steak fresh by changing the sauce with the season at his West Village contemporary Thai restaurant, and we're already loving the new, bright flavors. During the colder months, it came with a hearty Siamese green curry. For spring, it's served with orange curry, wood ear mushrooms, asparagus and okra.

El Vez
259 Vesey St.
www.elveznyc.com
Soak up those post-work margaritas (or one of the nearly 100 varieties of mezcal and tequila) with the cauliflower tacos (with chihuahua cheese, avocado, signature salsa and cream) at Stephen Starr's modern Mexican joint in Battery Park City. Take it all to eat outside on the wraparound patio once the weather warms up a bit.

Amused
142 W. 83rd St.
www.amusednyc.com
This modern American small plates restaurant just opened on the Upper West Side in early March, and serves a flavorful cauliflower dish that's a play on both General Tso's Chicken and aloo gobi. General Zoe's Cauliflower (named for chef/co-owner Stella Ballarini's young foodie daughter) features lightly fried cauliflower tossed in a spicy sesame-Sriracha glaze.

Au Za'atar
188 Ave. A
www.auzaatar.com
Lebanese chefs were working with cauliflower long before it became the ingredient of the moment. At this Arabian-French bistro in the East Village, chef Tarik Fallous' simple but much raved-about Arnabeet Mekle is crispy fried cauliflower tossed with kosher salt, garlic, cilantro and lemon juice. Get it with tahini and toasted pine nuts for a richer dish.

JASON VARNEY

The treats at Dominique Ansel Kitchen will be made to order. INSTAGRAM @ DOMINIQUEANSEL; ALAN CHIN / METRO

Post-Cronut life is sweet

Dominique Ansel wants you to know pastries like he does.

EVA KIS
@thisiskis
eva.kis@metro.us

Walking into Dominique Ansel Bakery your first question is immediately answered: Cronuts are sold out for the day, states a chalkboard sign behind the register.

It's been almost two years since the doughnut-croissant hybrid's debut, yet anyone hoping to grab one still has to line up before dawn. Even on a recent wintry Tuesday, they were gone before 10 a.m.

But another chalkboard sign sitting just above it — a drawing of the pastry with the words "Keep Creating" underneath — is a reminder that the home of the Cronut is also, like Magritte's pipe, not just the home of the Cronut.

"The Cronut is a great creation — and I want to keep on creating and doing new things," says Dominique Ansel, the pastry's inventor.

"It's just a way of thinking," he adds. "It's just the way of understanding that you can't bet your life on one thing, you have to keep on moving forward."

'Dominique Ansel: Secret Recipes'

Were you hoping that by including the Cronut recipe in your cookbook, the frenzy around it would die down?
"It's actually not the exact same recipe as the one in the bakery, just because I want people to be successful — when you buy your ingredients, you're not going to buy the same flour, the same butter, and the recipe is going to be different. So I tweaked the recipe to make it easier and better for home use."

That next move is Dominique Ansel Kitchen. Set to open April 29 in the West Village, the Willy Wonka of the pastry world will get a three-floor emporium to let his creativity roam. By day it'll serve as a restaurant-bakery hybrid; by night cocktails will overtake coffee upstairs at Unlimited Possibilities, with a tasting menu of desserts at a chef's table for eight. Ansel announced this week that the kitchen will be led by his fellow Daniel alum Karys Logue.

"I remember being in the kitchen for many, many years building Napoleon — with the fresh, crispy, crunchy puff pastry, nicely caramelized, and the soft cream — and I always remember cutting it and eating the trimmings and it was so good, so tasty," he recounts.

"And then what you do is wrap it up, put it in a little container, put it inside the case, and it stays there until somebody buys it," he says. "But it's always so much better when it's fresh, just made, and I want to give people that freshness and quality."

He estimates 70 percent of Kitchen's menu will be made to order, including a 1:1 Lemon Butter Tart that won't be mixed and piped into its pastry shell until you give the word. Even familiar items get a makeover, like the "pain au chocolate 2.0," transformed into a hedgehog with jagged spines of dark chocolate.

Kitchen will also serve savory items, like the next thing he's cross-breeding with the croissant: garlic bread. (May we suggest the name Croknot?)

The one thing you won't find, however, is the Cronut. But we don't think you'll miss it.

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On your radar

Le District

Can't make it to Paris this spring? Head to Le District, the new "French Eataly" inside Brookfield Place. The food emporium, by design firm ICRAVE, is divided into four districts (like the City of Light's arrondissements) and is opening in phases.

The Cafe District is already wooing shoppers with a coffee bar, candy shop, crepe counter and patisserie (serving macarons and various cakes that, in the French fashion, look almost too pretty to eat). This week, the savory Restaurant and Market districts made their debut.

Rather than a traditional food hall with a collection of restaurants, Le District is an "urban market" with 13 stations specializing in their own dishes, whether it's paté and rillettes from the charcuterie or cheese-and-fruit plates from the fromagerie.

Also open is Le Bar, a grand space that feels at once like the fancy bar in a bustling train station and as intimate as a jazz club, the Beaubourg, a bistro serving fare like frog legs and steak frites.

The food aims to include the entire world of French cuisine, from Polynesia to New Orleans, not just to eat there but to take home — the counters offer deli meats, seafood, cheeses, breads and other treats.

Still to come is the Garden District, with a market of bottled drinks and dry goods, said to be opening in the next couple of weeks. And next month will bring L'Appart, a reservation-only tasting menu concept.

Our suggestion? Grab a seat at the circular bar area in Market, where you can order from any of the surrounding stations. Then, when the outdoor area next to the Hudson River opens in May, don your beret, grab a basket and fill it with all the French picnic staples to eat in the sun. **EVA KIS**

Le District is located at Brookfield Place, 225 Liberty St. **AMANDA KIRKPATRICK**

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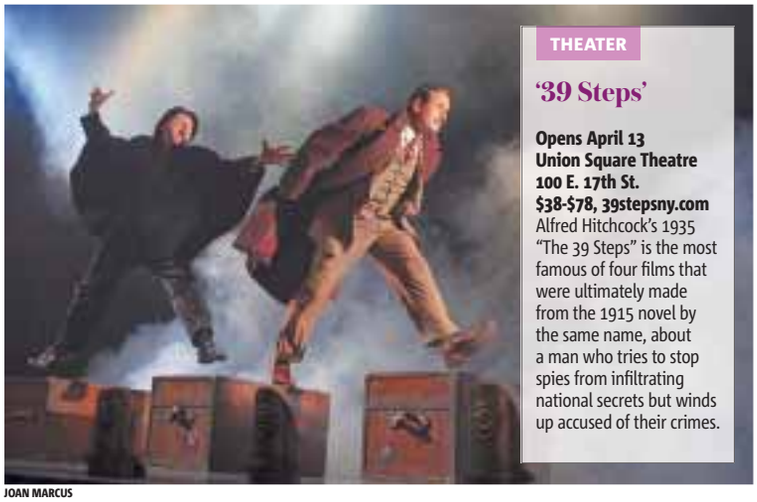
JOAN MARCUS

THEATER

'39 Steps'

Opens April 13
Union Square Theatre
100 E. 17th St.
$38-$78, 39stepsny.com
Alfred Hitchcock's 1935 "The 39 Steps" is the most famous of four films that were ultimately made from the 1915 novel by the same name, about a man who tries to stop spies from infiltrating national secrets but winds up accused of their crimes.

PERFORMANCE

'Genuine Plastic Reliquaries'

Today through April 25
Various locations and times
Free, thirdrailprojects.com
Immersive theater has been a hot trend since "Sleep No More" started its run at the McKittrick Hotel. One of the most successful follow-ups was Third Rail Projects' "Then She Fell," which admits just 15 viewers per show, but now that company is playing to a much wider audience with "Genuine Plastic Reliquaries," a music-and-dance series about the boring objects (like, say, a chair) and everyday environments we overlook. Commissioned by Arts Brookfield, three mini shows will take place in corporate lobbies owned by Brookfield, free for anyone who wants to re-examine their own plastic lives.

DARIAL SNEED

FREE

Coffee & Khakis

Today, 7 a.m.
Various locations, free
The Gap has a new store at 172 Broadway, and to kick it off it is commissioning two Van Leeuwen coffee trucks to give away java and pastries in three locations: Park Row across from Fulton Street Center (7-9 a.m.), Broadway & Beaver Street (7-9 a.m.) and Liberty Street and Pumphouse Park (10 a.m.-noon).

PARTY

Museum Dance

April 17, 7 p.m.-midnight
American Museum of Natural History
Central Park West at 79th St.
$200-$7,500, amnh.org
Your Roaring Twenties costume will never get dusty in NYC. Break it out for a masquerade at the history museum's most glamorous gala of the year.

DRINKS

Bloody Mary Fest

April 12, 1-4 p.m.
Industry City, 233 37th St.
$50, thebloodymaryfest.com
Twelve knockout Bloody Marys will vie for a special place in your brunch rotation this Saturday in Brooklyn. There's also lunch from Delaney BBQ plus other drinks and bites, and live music.

EVENT

Poetry and the Creative Mind

April 15, 6:30 p.m.
Alice Tully Hall, Lincoln Center, 1941 Broadway
$45-$75, www.poets.org
The Academy of American Poets' 13th annual Poetry and the Creative Mind gala will feature readings by Holly Hunter, Vanessa Williams, Gloria Steinem and Debra Winger.

FOOD

Bloomy Rind Cheese Pop-Up

April 10, 11 a.m.-7 p.m.
The French Cheese Board
26 W. 39th St.
Free, frenchcheeseboard.com
The French Cheese Board is an art gallery and "idea lab" about cheese. Come for the free cheese and wine, stay for the pop-up garden "Filles a Fromage" photo exhibit. **T. Michelle Murphy**

Your table is ready

Resy in Brooklyn

With many hot restaurants acknowledging their cool factor by nixing reservation policies, it's either eating dinner during Happy Hour or waiting an hour (or two) before getting to taste the hype. One way to dodge the long lines is reservations app Resy, which just launched in Brooklyn this week.

Some of the borough's hottest restaurants are signed on, including perennial Carroll Gardens favorite Lucali and walk-in only spots Noodle Pudding and Littleneck, as well as oyster haven Mason Premiere, Do or Dine and recent "Best New Restaurant" contestant The Pines, among others.

Resy, which launched in Manhattan last June, gets you a reservation even at spots that don't take reservations. The price of convenience ranges from free to $50 per person for a table. **Eva Kis**

Cruising the Panama Canal

The Panama Canal is one of the Seven Wonders of the Modern World, and more than a million ships have traversed it since it opened in August 1914.

The canal was designed to let ships travel between the Atlantic and Pacific oceans with a passage through Central America — an incredibly efficient alternative to sailing around South America. And that's exactly what cruise ships use it for. Typically, itineraries start on the East Coast, often in Florida. Then they hit a few Caribbean islands, pass through the canal, and end the trip on the other side. As a result, passengers tend to be on the older side, since the trip requires so much time.

Sailings often end in West Coast cities, such as Los Angeles and Vancouver, which serve as a big reward at the end of a long trip.

It's a popular itinerary, especially for cruisers with bucket lists.

About 40 vessels travel through the canal each day.

And while for the majority of cruise passengers a trip through the canal is an unforgettable experience, it's important to note that it usually takes a full 24 hours to sail through it, with much of that time spent waiting in line with dozens of other ships.

The Panama Canal lets ships travel between the Atlantic and Pacific oceans.

The canal, which is managed by Panama, is continuously being upgraded, so it is common to see construction from your balcony or up on deck. One of the latest projects is a $5.25 billion development including the addition of two new locks that are longer, wider and have a deeper draft, allowing longer cruise ships to make the transit.

The 24 hours of transit is a quiet time for cruise ships, as the vessel passes through the series of three locks quite slowly. Millions of gallons of water from nearby lakes are used to fill the lock, raising the ship to the next level. Most lines have engineering experts or historians to walk passengers through the process.

INSIGHT GUIDES | SHERRI EISENBERG

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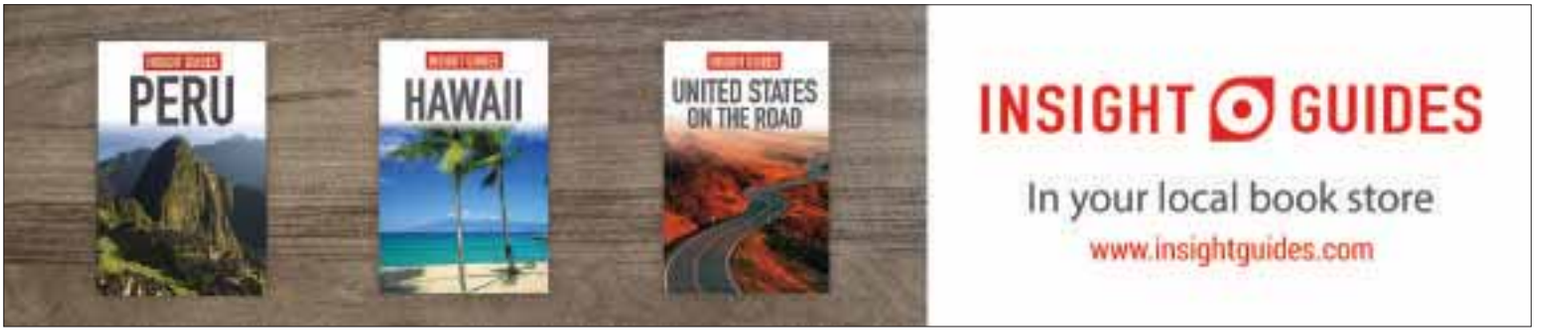
Tips

Three things to remember about Panama Canal cruises:

1 It isn't pretty: There isn't much to see during the transit — Just a few nondescript buildings can be seen on the shore. You don't get the gorgeous jungle scenery like you do elsewhere in Panama.

2 It's slow: Bring plenty to read, especially if you're on a smaller ship, as only the larger ships offer a variety of onboard entertainment choices during the day.

3 You can't see much of the mechanics: The engineering of the locks is mind-boggling, but it's not something you can get a great look at from onboard the ship. Do some research in advance, so you have an understanding of how the system works.



Birds, bugs and blooms on Delmarva

Migrating birds, spring blooms and a celebration of Delaware's state bug highlight an outdoors weekend on the Delmarva Peninsula.

BOB BALESTRI/ISTOCK

DOWNTOWN MILFORD INC.

The peninsula that makes up Delaware and the parts of Maryland and Virginia east of the Chesapeake Bay is along the route of migrating birds. The 20th Annual Delmarva Birding Weekend, April 23 to 26, is a chance to see hundreds of different species as they head north along the Atlantic Flyway.

BRYCIA JAMES KIEWLAK/ISTOCK

The landscape is amazingly diverse. It includes the Chesapeake and Delaware Bays, wildlife refuges, beaches, thickets, barrier islands, cypress swamps and forests. You can expect to see over 200 species of birds. The checklist reads like a guide by Roger Tory Peterson, with warblers, raptors, eagles, osprey, gulls, terns and waterfowl. The schedule is filled with guided walks, paddle and boat trips, along with "owl prowls" and other nocturnal adventures. Visitors gather for unofficial "bird tallies" each night at participating breweries and restaurants.

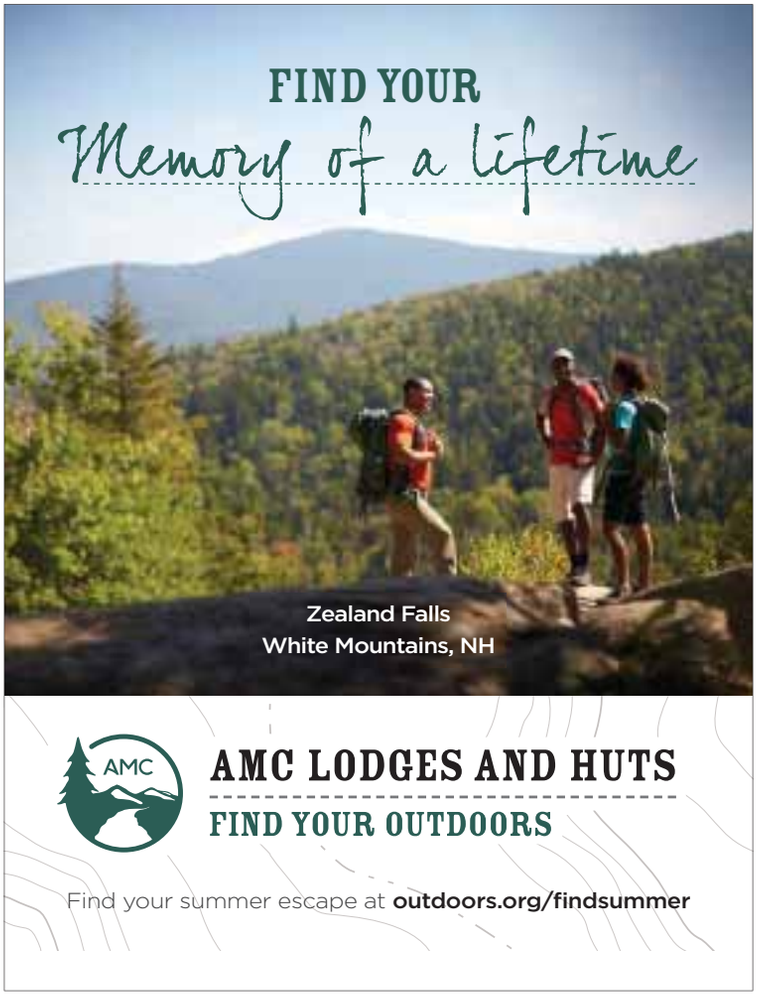
The website, **www.delmarvabirding.org,** has details of excursions, as well as links to hotels and other travel needs.

Along with birds, Delaware celebrates garden bugs that weekend — the ladybug, to be specific. The 15th Annual Bug and Bud Festival (www.downtownmilford.org) in Milford, Delaware, on April 25, is considered one the country's top "local finds" festivals.

Some 40 years ago, Milford's school kids led the effort to have the ladybug recognized as Delaware's Official State Insect. The small town (population 9,000) is also designated a Tree City USA because of its efforts in urban forestry.

The festival, held along the Mispillion River, is family-themed. There's a costumed parade, decorated paddleboats in the river, a children's art show, lots of "green-themed" hands-on nature activities, a canoe/kayak/paddleboard race and over 100 arts and crafts vendors.

INSIGHT GUIDES | FRAN SEVERN



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Horoscope

♈ Aries | March 21-April 20
Express your outgoing attitude, and strive to be in a good mood. Get involved in events that will lead to friendships.

♉ Taurus | April 21-May 21
Your quest for change will drain your bank account. Rather than spend money on unnecessary items, put your cash in a safe place.

♊ Gemini | May 22-June 20
If you feel you may be moving in a different direction than the people around you, you should determine what could be done to revive the connection.

♋ Cancer | June 21-July 22
Career and travel are highlighted. Advancement will head your way if you are willing to make the necessary changes.

♌ Leo | July 23-Aug. 22
Focus on your creative talents and stretch your boundaries. Classes that provide you with the stimulation you crave will lead to friendships.

♍ Virgo | Aug. 23-Sept. 22
Before you reconnect with someone, remember how the friendship ended. Focus on meeting someone more like you.

♎ Libra | Sept. 23-Oct. 22
Your empathetic nature makes you a good friend. However, you run the risk of burning out if you try to do too much for too many.

♏ Scorpio | Oct. 23-Nov. 21
Step into the limelight. Your charm and talent will impress the people you meet along the way. A partnership is imminent.

♐ Sagittarius | Nov. 22-Dec. 21
Your emotions will escalate. Avoid getting involved in sensitive issues that could end in a dispute. Find a quiet corner where you can enjoy peace.

♑ Capricorn | Dec. 22-Jan. 20
You stand to profit if you take advantage of a moneymaking opportunity. Long-term savings will prove to be lucrative.

♒ Aquarius | Jan. 21-Feb. 18
Discussions with people who share your interests will turn out well, as will taking advantage of an opportunity to travel.

♓ Pisces | Feb. 19-March 20
Don't settle for less when you could have more. Look into your options and prepare to make a move. Raise your standard of living.

EUGENIA LAST

Letters to the editor

Don't give him the chance to do more harm

Re: 'Bishops speak out against execution' (Metro.us, April 8) Handing out leaflets to spare Tsarnaev's life because he "will never again cause harm" represents unfounded optimism on the part of the Roman Catholic Bishops of Massachusetts. Tsarnaev has shown absolutely no remorse for his loathsome crimes, and 50 years in prison is likely provide him with untold opportunities to radicalize other inmates to a path of hatred and murder. The death penalty would be the only way to truly "neutralize" him.

ROBERT SUNDEL, VIA EMAIL

Don't bring U.S. back

Re: 'Rand Paul vows to "take our country back" in 2016 bid' (Metro, April 8) Yeah, back to 2008 when the words "near Depression" were mentioned every night on the news including Fox? Back to when the Dow was limping along at 6500 (now nearly 18,000)? Back to when we were losing hundreds of thousands of jobs a month? Time and space preclude listing a whole lot more when the GOP was in control. Americans have seen the difference between a Democratic president and a GOP man and they have NO intention of going back. Americans will not go "back" in 2016 but will vote to continue policies that treat all people equally. LARRY BLONG

Sudoku: Easy and hard

						2		5
6						4	9	8
	2	9		7				
		7		8	9			1
3			1		5			7
4			7	2		8		
				3		9	5	
1	5	6						2
9		4						

		4			7			2
2		9		4				7
	8					1		
4			3	7			2	
3	2						7	8
	7			5	4			1
		3					5	
8				2		9		3
1			9			7		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Visit us online at **Metro.us.**
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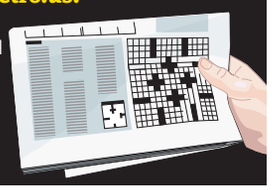
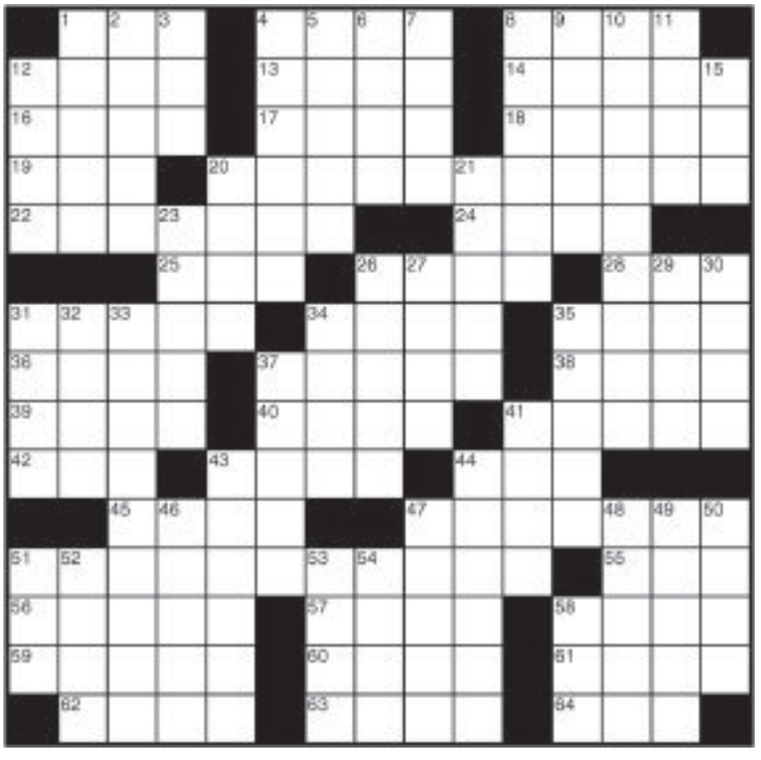


Crossword

Across
1 Ante up
4 Cotillion honorees
8 Pickle or salt
12 Invited
13 Jai —
14 Battery's "+" end
16 Piece of sugar
17 Warble
18 Unmitigated
19 Spinks defeater
20 Ancient seafaring people
22 Wood cutter
24 Bird-feeder treat
25 7 and 9
26 Predicament
28 Class
31 Hibachi residue
34 Machu Picchu locale
35 Prepare eggs
36 Caviar source
37 Extreme edge
38 Writer — Rice
39 Debtors' notes
40 Redding of soul
41 Almond confection
42 Pea soup
43 Dele canceler
44 Contend
45 Ocean fish
47 Place of development
51 Chemist's reading matter? (2 wds.)
55 Hot time in Paris
56 It brings tears to your eyes
57 Con merchant
58 Grad
59 Jalopy
60 Garfield's housemate
61 Long-gone bird
62 Mythical archer
63 Conductor's baton
64 Wool supplier

Down
1 Zahn or Abdul
2 Own up to
3 "You bet!"
4 Raced off
5 George who was a she
6 Harmful thing
7 Gesture
8 Political gathering
9 Free
10 Day-to-day events
11 Idyllic place
12 Humdrum
15 Pause fillers
20 Profs, usually
21 Campaign topic
23 Sorority sisters
26 Kind of raise
27 Joule fractions
29 Dust bunny
30 Swiss painter Paul — 31 "Get real!" (2 wds.)
32 Scare the chickens
33 More arrogant
34 Mr. Sampras
35 Sounded sheepish
37 Casts a ballot
41 Wharf
43 Real stinkers?
44 Turned sharply
46 BP merger partner
47 Where Cadiz is
48 Underneath
49 Liszt opus
50 Floor model
51 Near empty
52 About (2 wds.)
53 Remove snow
54 Non-soap opera
58 Lime cooler

Yesterday's answer



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FANTASY SPORTS: NFL NOW A 365-DAY DEAL

The vast majority of fantasy football owners will tune out around Week 15 and tune back in once training camp opens. We call those people suckers.

The NFL is a 365-day league now, with constant player movement and news creating fluctuating values. The sharpest owners are the ones that are paying attention all year round. They're the ones that are aware of rising studs like these:

King of the Hill

Perhaps we should have seen the Jimmy Graham trade coming. Coach Sean Payton has been raving about Josh Hill for months, calling him "exactly what we're looking for." Although Hill is a former UDFA out of Idaho State, he would have been drafted if he had gotten a Combine invite. The catch-first tight end has 4.66 speed and a 36.5-inch vertical at 6-feet-5, 250 pounds. Note that he's scored six touchdowns on his 30 career NFL catches, giving him the red-zone chops we desire in fantasy tight ends.

Mount Seferian rumbling

Josh Hill will see his production increase dramatically in 2015. / GETTY IMAGES

NBA pickups

Players to add this week:

- **Bismack Biyombo, C, Hornets** — Biyombo will get big minutes even when Al Jefferson returns.
- **Ricky Ledo, SG, Knicks** — He's a multi-category fantasy contributor.

RICKY LEDO
GETTY IMAGES

Another tight end sneakily gaining steam this offseason is Austin Seferian-Jenkins. Although he had just 21 catches as a rookie, the Bucs reportedly believe that number can spike to 60 this season. It's a realistic projection as ASJ will be playing every down, will benefit from all the attention Mike Evans and Vincent Jackson draw and is now working with TE-maximizing offensive coordinator Dirk Koetter. A second-year leap for Seferian-Jenkins is more likely than one for, say, Eric Ebron.

The 'other' Murray

DeMarco Murray is obviously an ideal fit in Chip Kelly's downhill, fast-break offense in Philadelphia. Oakland's Latavius Murray will be much sneakier. New Raiders OC Bill Musgrave said he's going to "tailor" the run game for Murray, a size/speed freak who averaged 5.17 YPC on his 72 rushes last season. Things stayed clean in free agency, as the Raiders only added third-down back Roy Helu and an inept Trent Richardson. They also signed stud C Rodney Hudson away from the Chiefs, upgrading the run game's outlook even further. We may have to reach for Latavius a bit come August, but those looking closely will know he's worth it.

FANTASY SPORTS
ADAM LEVITAN
alevitan@metro.us

MLB

Harvey returns today

Mets ace Matt Harvey will pitch in a Major League game today for the first time in 593 days as he takes on the Nationals in Washington (1 p.m., SNY). Harvey missed the entire 2014 season after he had Tommy John surgery to repair a partial tear of the UCL in his right elbow. After Thursday's series finale against the Nats, the Mets will head to Atlanta for a weekend set with the Braves.

Sports news you need to know

Yanks: Tanaka 'not hurt'

The Yankees are saying that Masahiro Tanaka's ugly Game 1 effort was simply a "bad day" and not cause for concern.

"Bottom line is, if the recommendation was to have the surgery we'd do it," Yankees GM Brian Cashman told ESPN. "But the medical assessment from the doctors [was to rehab the elbow]."

Tanaka was diagnosed with a small UCL tear in 2014, but an MRI showed that the tear had healed considerably.

MATT BURKE

Beer drinkers: Avoid baseball

If drinking beer and watching live Major League Baseball is your thing, don't go to Boston's Fenway Park. According to Business Insider, the Red Sox have the highest beer prices in MLB, with a 12-ounce beer costing a whopping $7.75. A 12-ounce beer at Yankee Stadium costs $6.00 while a cold one at Citi Field is priced at $5.75. Per ounce, a beer costs 65 cents at Fenway. Your best bet? Angel Stadium of Anaheim where beers cost 28 cents per ounce.

MATT BURKE

Coach K fires back at Ryan

Duke head coach Mike Krzyzewski responded to Wisconsin head coach Bo Ryan's needling comment that the Badgers "don't do rent-a-player." "I know as a coach, you're the first guy up there when you lose. I've lost national championship games, I've been the loser," Krzyzewski told ESPN. "The line 'rent-a-player is not a good line because ... use one and done ... 'rent' could mean you're doing something illegal. There is a better choice of words for that."

MATT BURKE

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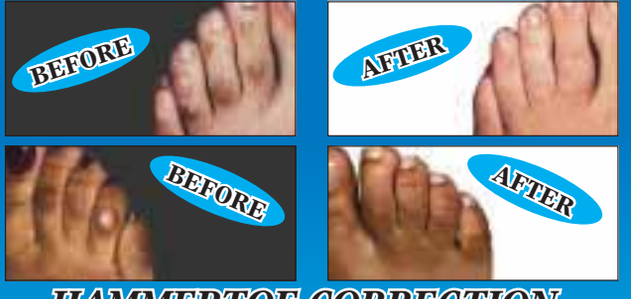

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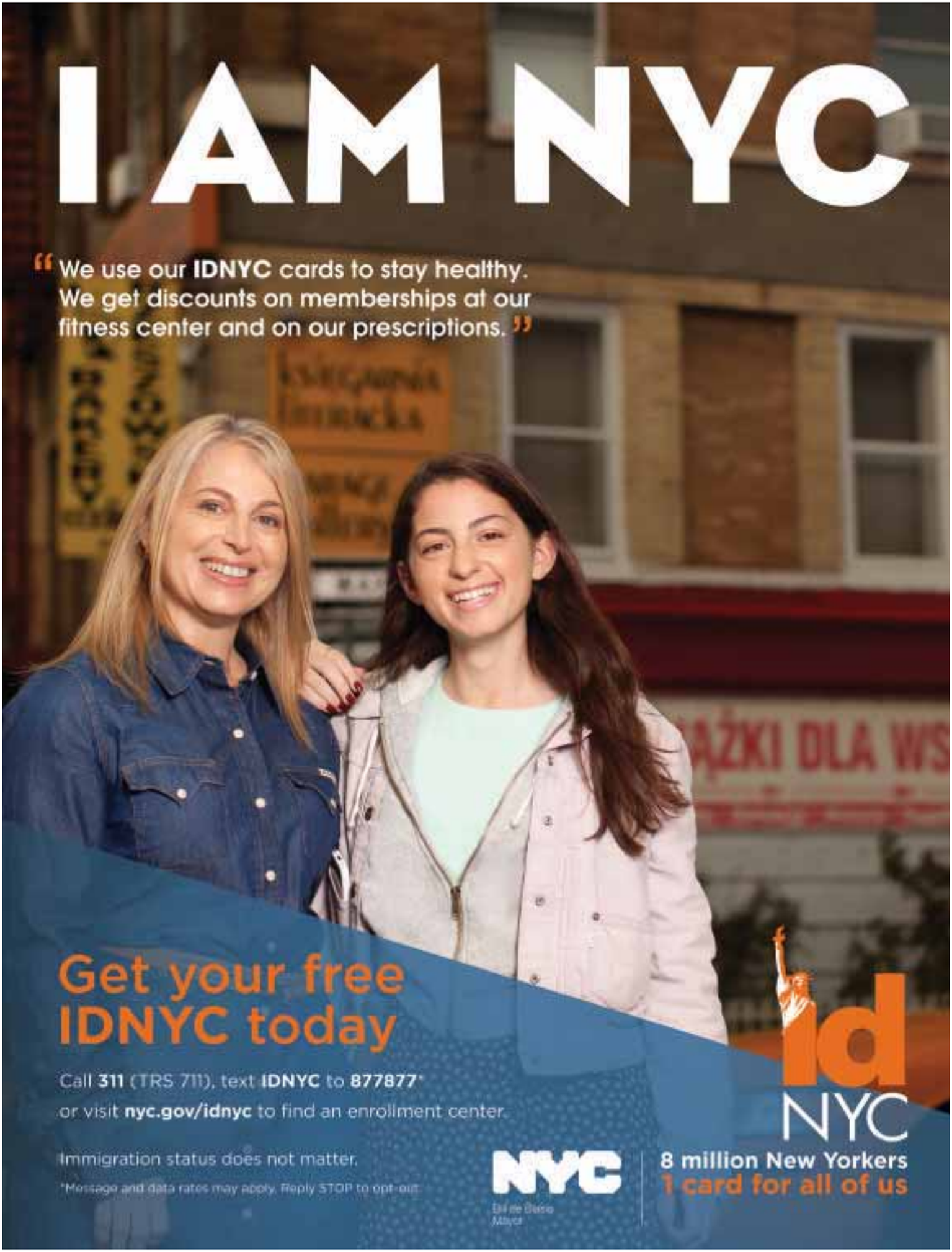
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